IN THE CLAIMS

1. (Currently Amended) A shoe, comprising:

an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

an outsole supporting the insole, the outsole having a planar support surface directly supporting the forward toe section and the rear heel section of the insole, the outsole having a planar walking surface, wherein the rear heel section has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

wherein the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.

- 2. (Currently Amended) The shoe of Claim 1, wherein the wearer's heel being closer to a walking surface than the wearer's toes places forward toe section and the rear heel section are operable to place the wearer's foot in an acute angle with respect to the wearer's lower leg bones.
 - 3. (Canceled).

- 4. (Currently Amended) The shoe of Claim 3 Claim 1, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.
- 5. (Currently Amended) The shoe of Claim 3 Claim 1, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
- 6. (Withdrawn) The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.
- 7. (Withdrawn) The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.
- 8. (Currently Amended) The shoe of $\frac{\text{Claim 3}}{\text{Claim 1}}$, further comprising:

one or more midsoles between the insole and the outsole.

- 9. (Withdrawn) The shoe of Claim 8, wherein the midsoles allow the insole to maintain a position of the wearer's heel to be closer to the walking surface than the wearer's toes.
- 10. (Currently Amended) The shoe of Claim 1, wherein the forward toe section and the rear heel section are operable to place the wearer's heel being closer to a walking surface than the wearer's toes places the wearer's foot in a negative heel position.

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11. (Currently Amended) A shoe, comprising: an upper;

an insole under the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section, the insole being configured with a constantly thick forward toe section and a decreasingly thick rear heel section;

an outsole under the insole, the outsole having a planar support surface directly supporting the forward toe section and the rear heel section of the insole, the outsole having and a planar walking surface, wherein the rear heel section has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section to place a wearer's foot in a dorsiflexion position.

12. (Canceled).

- 13. (Currently Amended) The shoe of Claim 12 Claim 11, wherein the constantly thick forward toe section and the decreasingly thick rear heel section meet at a point substantially halfway with respect to the outsole.
- 14. (Previously Presented) The shoe of Claim 13, further comprising:

one or more midsoles between the insole and the outsole.

15. (Previously Presented) The shoe of Claim 11, wherein the insole is removable.

16. (Currently Amended) A shoe, comprising:
an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

a midsole separating the outsole from the forward toe section and the rear heel section of the insole;

an outsole supporting the midsole and the insole, the outsole having a planar support surface supporting the midsole and the insole, the outsole having a planar walking surface, wherein the rear heel section has a surface closer to the planar walking surface of the outsole than a surface of the forward toe section to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

wherein the forward toe section has a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.

17. (Canceled).

- 18. (Currently Amended) The shoe of Claim 17 Claim 16, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the outsole.
- 19. (Currently Amended) The shoe of Claim 17 Claim 16, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.

20. (Previously Presented) The shoe of Claim 16, wherein the midsole has substantially planar upper and lower surfaces.